WHAT UNCLE SAM IS DOING TO MAKE OUR LIVES LONGER

New Enterprises for the Increase of Longevity Lately Launched by the Federal Bureaus-Their Ceaseless Vigil Against the Black Angel-Millions Being Spent in Thwarting His Designs-Our Armies Fighting Him Are Stationed Not Only at Home, but Abroad-Fruits of This Great Crusade Proved by Official Figures Showing That the American Lives Longer Now Than He Did a Few Years Ago.

BY JOHN ELFRETH WATKINS. T O PROLONG our lives. Unclo-Sam is spending several mil-lions a year. That this money is well invested is proved by some very interesting figures gathered by the Bureau of the Census. They show that in ten years the American's average age at death has increased from

still greater strides will be made, for the Federal government, which sits here at Washington, is just commonng many brand-new enterprises pur-oxed solely to make us live longer in

the enjoyment of health.

No specific elluir of life is being rought by Uncle Sam, unless it be puredrinking water in combination with pure food. He is one of those progressive physicians, who exteen to eidening field of preventive medical more highly than the old system more highly than the old system of drugging. He is mending all of high fences to keep the demons of chronic and contaglous diseases from stealing in upon us, not only from abroad, but from one of our States into another. and besides purifying their water and food supplies, he is giving his people free courses in home cleanly ness, care of foods, detection of harm t foods and such topics. Many of his new schemes for length

ening our lives have just been de scribed to me by his chief physician Dr. Rupert Blue, surgeon-general e United States Bureau of Publi

Guaranteed Water for Trains.

One of the newest of his enterpr in interstate commerce to supply co-bests and stations only with gun attend drinking water cooled wi guaranteed ice. These companies mu now present to the Burcau of Pub Health inspectors certificates of pu-signed by the health authorities the locality from which have a supplied all water and ice made cessible to passengers. This Ir. I regards as a health measure a atmost value. If the nathroad beat companies cannot chiain these certificates, they must change their senses of supply. The regulation is acting as an indirect lever on all local

**Streen, response should the contract the mind claims the mind contract the mind claims the mind claims the contract the mind claims the contract the mind claims the contract the mind claims the min wood ticks, which fill all of the large scape of the stricker region and which also inhabit the cattle and septers. Surgeon L. P. Fricks, having been dispatched to the metted fever territory, roted certain spots curiously fee from the infection and carefully encoked of all characteristics in common with the surrounding diseased region. The result was that the only item that did not cancel on both sides was sheep, found in the disease-free but not the disease ravaged section. So Dr. Fricks examined all the sheep he could discover, and found their wood filled with dead ticks. Then he obtained flocks of sheep and found their wood ticks. Then he obtained flooks of sheep and grazed them in infected regions all of whose ticks appeared to fly to them, become entangled in their long wood, and die before reaching their hides. From regions where this has heen done the spotted fever has been cradicated.

Discuses That Are Passing. The dread bubonic plague that has lately terrified our Pacific coast has now been driven out of California so completely that br. Blue hopes to withdraw his forces from there at the beginning of the coming summer. Similarly, the buboning summer.

gining of the coming summer. Similarly the hookworm disease is being cradicated from the South by Professor C. W. Stites, of the Public Health-Service, who is teaching the ravaged neighborhoods the proper 'sanitary measures. Professor Stites in the discoverer of hookworm, which he has named Necator Americanus, or the American murderer.

To stamp out typhoid fever, Dr. Blue

American murderer.

To stamp out typhoid fever, Dr. Blue has dispatched Surgeon L. L. Lumsden to the various infected regions, there to discover causes of outbreaks and advise the people how to safeguard themselves through improved water supplies, better sanitation, extermination of files, control of milk supply and the of files, control of milk supply and the detection and control of "chronic typhoid carriers," those mysterious personages who, although keep well themselves, distribute typhoid wherever the go, just as the Wandering Jew disseminated cholera wherever he journeyed. In the Kentucky mountains Dr. Blue has lately established two hospitals for

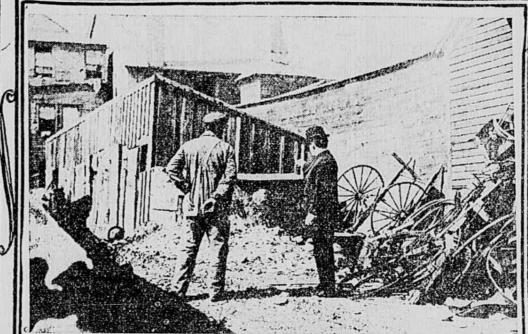
the treatment and eradication of tra-choma, that contagious disease which produces blindness, and which has spread rapidly in recent years, especially among these Kentucky mountaineers, our Indians and our whites of other localities. In certain parts of West Virginia 60 per cent of the school children were recently found to be suffering from it. In the infected re-gions people are being taught to avoid common wash-basins and towels—the general avoidance of promiscuity

The thoroughness of the public health bureau in fighting grave epidemics is best accentuated by the fact that it has allowed no cases of yellow fever to appear upon our soil since 1905, when, for the first time in our history. it was stamped out before Jack Frost had his annual opportunity to kill the

year's crop of yellow fever mosquitoes. One of Uncle Sam's most active One of Uncle Sam's most agencies working directly for the pro-



Bureau of Animal Industries Inspectors testing ment.



Public Health Service Inspector pointing out a fly-hatchery





Public ifealth Service Inspector visiting a family.



all in his power to force us to be clean, and long-lived. And wherever the law of the land prevents his improving us by force, he has instituted a systematic campaign of free education. Copyright, 1913, by John Elfreth

Watkins.) BRISTOL

[Special to The Times Disputch] Bristol. Va. December 5.—Mrs. James A. one was hostess of the Wednesday Em-mittery Club on Wednesday afternoon

BALLSVILLE

"land Withur Brown, of San Angele, Texas, is a guest of his father, D. E. Brown, B. C. Satterfield, of Richmond, spent several days with Dr. R. C. Carnal the past D Garrett was here Saturday and

CARTERSVILLE

Special to The Times Dispatch]
Carteraville, Va. December 6.—Mrs. Kent
dekinson, of Scottrelle, and her sister,
liss Flora James, of West View, have
cen visiting Mrs. C. W. Dickinson, of

BERRYVILLE

Pamphlets instructing our people how best to eradicate from their homes the flies and mosquitoes which apread typhoid, malaria and yellow fever, and instructing towns and cities in methods of fighting disease-carrying insects of all sorts have been written by Dr. Howard and distributed broadcast over the country.

Educating the Housewife,

Howell Young, of Washington, was the gress of his mother last week.

Dr. and Mrs. J. E. Harris are spending this week in Noriolis.

Mrs. R. Harris are spending this week for Louisville to visit Mrs. E. L. Williams.

Mrs. P. McCormick has gone to Lexington the daughter. Mrs. Herbert Whitting.

Miss Jane C. Alexander, of Charlestown, is visiting Mrs. E. M. Stribling. in Mrs. Thomas Reynlods at Norwood, sell Young, of Washington, was the of bis mother last week, and Mrs. J. E. Harris are spending this

Educating the Housewife.

All of these dife-prolonging agencies of the Federal government thus far mentioned, with the exception of the Bureau of Public Health, are bureaus of the Department of Agriculture. That department, through its Bureau of Püblications, is making a further campaign for the longevily of our people by issuing for free distribution through Congressman of valuable guides to health in the form of booklets full and running over with odd hints on hygiene to householders and housewives.

The housewife is taught, in one of these, how to guard her husband and other food poisons by proper arrangement and treatment of her ice chest, her water cooler and her cellar. She is also taught the dangers brought by files, cats and dors to the kitchen, the wederoods; the danger of dust in food, and the wisdom of looking into the condition of the shops, markets and bakeries which supply her with edibles.

the wisdom of looking into the condition of the shops, markets and bakeries which supply her with edibles. Another such booklet teaches the poor mother how to better neurish her children by more wisely selecting certain foods higher in nutrition, yet no more expensive than those which she now buys, and how to avoid, through false economy, the dangers of a one-sided diet that wilk keep her charges thin and weak, and yet which will not cut down the food bill.

For the man of the house similar booklets give practical hints on methods of disinfecting stables, of building sanitary outhouses, and of installing home water supplies and sanitary plumbing where they can be afforded.

Heathsville, Va. December 5- Misses Maud (Special to The Times-Dispatch.)

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Evolution High School, Colonial Beach,

agencies working directly for the pro-longation of our lives is the hygienic laboratory of the public health ser-vice. This is the most modern and complete workshop of the kind in the